VANCOUVER metro®

Baby blues get big-city boost

Postpartum depression is far more prevalent in Canada's urban areas, study says PAGE 6

A bane of thrones

App-controlled smart toilets are ripe for mischief, warns one tech consultant PAGE 7

MATT DAMON: I LOOK RIDICULOUS

MATT DAMON FEELS SILLY GETTING BUFF FOR ELYSIUM (BUT GUESS WHO'S NOT COMPLAINING?)

PAGE 9

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Took a ride, found a bride

By the power vested in me by TransLink...
Couple gets married on bus where they met

KATE WEBB
kate.webb@metronews.ca

It couldn't quite be articulated — apart from the fact that she was sitting in the articulated section of the No. 3 bus — but after they locked eyes, something drew Jarred Greff to Nina Schmidt on April 18, 2012.

"Somebody eventually got off at a stop at 12th Avenue, and I walked over and sat down, and she started talking to me," Greff recalled on Tuesday, after TransLink fulfilled one of its most unusual requests ever: hosting a wedding on board one of its buses.

"The first thing I noticed was her face and her tights. They were really colourful, so I pointed at them and gave her a thumbs-up."

They had only three stops on Main Street to get acquainted before Schmidt had to get off. They didn't exchange numbers, but Greff told her where he worked. With some encouragement from her friends, she managed to track him down later that day.

Their first date lasted 22 hours, and one might say the pair, both 31, have been transiting life in a single zone ever since.

"It sounds cheesy, but I would call it love at first sight — something I definitely didn't believe in at that point," Schmidt wrote for The Buzzer, TransLink's newsletter.

None of the guests paid the $2.75 fare, nor did they ring the bell nearly as many times as the driver probably would have tolerated, given the occasion.

A match made in heaven

"It's a rare request, and we really had to look at it. But it rolled perfectly with I Love Transit Week.... I mean, how many people really meet (on a bus) and get married?" TransLink spokeswoman Jiana Ling

Jarred Greff and Nina Schmidt share a kiss on Tuesday after tying the knot aboard a TransLink bus parked on Burrard Street. KATE WEBB/METRO

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DID YOU KNOW?
FACT:
Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower[1] and smartphone monthly plans are actually less expensive in Canada than in the United States.[2]
Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
CANADA A WORLD LEADER IN WIRELESS
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Association canadienne des télécommunications sans fil
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Heroin, opioid addiction not short-term conditions: Paper

Health Affairs. Research repeatedly shows detoxification programs using short-term bouts of methadone are ineffective, report states

Addiction to heroin and other opioids is a long-term, chronic disease that can't simply be fixed with a few weeks or months on methadone, a group of B.C.-based researchers argue in a newly released paper.

Designing treatment based on the belief that most addicts can become drug-free quickly — or even at all — is ineffective and dangerous, the report warns.

The paper, published in the August edition of the journal Health Affairs, says research has repeatedly shown detoxification programs that use short-term bouts of methadone or similar therapies, reducing dosages over a period of weeks or months, are ineffective, with as many as 95 per cent of patients who complete such programs failing to stay clean.

One of the paper's authors, Bohdan Nosyk of the B.C. Centre for Excellence in HIV/AIDS, said treatment programs that focus on abstinence as the end goal represent "the most damaging" aspect of opioid treatment in North America.

"This is a chronic disease, something that is going to have to be fought day by day over a long period — potentially a lifetime," Nosyk said in an interview Tuesday.

"That's difficult for people to accept."

Nosyk said public health policies in Canada generally acknowledge that reality, but, in practice, some physicians and patients still hold onto the notion that treatment with methadone or its lesser-known counterpart, buprenorphine, should be a temporary stop on the way to abstinence.

The situation is worse in the United States, said Nosyk, where detoxification is an essential part of official drug-treatment policy.

There are between 75,000 and 125,000 injection drug users in Canada, with most of them using opioids such as heroin, as well as roughly 200,000 people addicted to prescription opioids, such as oxycodone.

Of those, between 30 to 40 per cent are using substitution therapy, said Nosyk. In the United States, where an estimated 2.3 million people are hooked on opioids, treatment levels are less then 10 per cent. THE CANADIAN PRESS

Bohdan Nosyk, a doctor with the B.C. Centre for Excellence in HIV/AIDS, is among the authors of a paper arguing that opioid addiction is a chronic disease. CONTRIBUTED/B.C. CENTRE FOR EXCELLENCE IN HIV/AIDS

Cops trying to ID woman in fatal fall near Squamish

The Stawamus Chief near Squamish. KYLE PEARCE/KEEPITSURREAL/FLICKR

All evidence indicates the woman who fell to her death from the Stawamus Chief near Squamish on Sunday was a hiker, not a climber attempting to scale the mountain's famous rock faces.

"There was no climbing equipment on near the area she was found," Squamish RCMP Sgt. Wayne Pride said Tuesday, as Mounties continued their quest to identify the 30-something woman with curly brown hair who was apparently hiking solo.

"At this stage, we have extra resources working on any and all leads," Pride said, adding that once she is identified police and the coroners service will work to notify her next of kin.

RCMP found a water bottle and a black backpack that may have belonged to the woman, but the best leads thus far have come from leaving notices on cars in the parking lot, Pride said. "That night we checked vehicles and put letters on vehicles," he said. "We went again yesterday and double checked which cars were still there, checked the plates for background, who might not have returned, who's still up there."

While authorities are close to identifying the woman, it's still unclear where she fell from and what caused the fall.

Pride has fielded many calls about safety on the Chief since what appears to be a "tragic accident," but says it is generally safe to hike if you stick to the trails and are prepared.

"It's challenging, but it's very rare this kind of fatality happens," he said. EMILY JACKSON/METRO

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Transit. TransLink shopping for up to 180 new public buses

Who needs a new car when you can hop on a brand-new bus with 77 of your closest fellow commuters?

TransLink is in the market to update its aging fleet with up to 180 new buses by 2016, with at least 45 by next year, according to a request for proposals.

It hopes to operate the new vehicles, slated to run on either compressed natural gas or diesel, for 17 years or 1 million kilometres.

Whoever makes the buses will have to follow a lengthy list of requirements to ensure the buses are accessible for people with disabilities, including low floors, at least 36 seats and a mobility ramp. (And hopefully they will nix those pesky seats in the back that face each other, forcing people's legs to touch.)

TransLink, which also needs to replace its HandyDart buses, wants to buy vehicles that produce less emissions and less noise — so long as all the other performance requirements, objectives and life-cycle impacts are met.

People line up for a TransLink bus in Vancouver. JENNIFER GAUTHIER/METRO

It will cost about $192 million to replace and repair the Coast Mountain Bus Company's fleet over the next three years, according to TransLink's 2013 base plan report.

Some of the money comes from the gas tax and is already in the budget for the constantly cash-strapped organization. The upgrades come as municipalities struggle to find funding for desperately needed transit infrastructure.

EMILY JACKSON/METRO

Tragedy. Male, 19, killed in Abbotsford car crash

Police are investigating whether alcohol and speed were factors after a 19-year-old man died in a single-car crash in Abbotsford early Tuesday.

Four young men were travelling in a red Acura in the area of Townline and Olund Roads when the car crashed off-road around 2:15 a.m., according to a statement from the Abbotsford police.

All four were taken to hospital, where the 19-year-old passed away a short time later. The other three men were treated for non-life threatening injuries.

The Abbotsford police patrol division, major crime unit and collision reconstruction unit are investigating the crash.

Anyone with information about the incident is asked to call the Abbotsford police at 604-859-5225 or text 222973 (abbypd).

EMILY JACKSON/METRO

Pacific Central Station

Package scare shuts down VIA Rail train station

Vancouver's VIA Rail station was cleared to reopen Tuesday afternoon after it was closed for several hours due to a suspicious package.

The department had said a package discovered at Pacific Central Station, located on Main Street just southeast of the city's downtown core, prompted the building's closure.

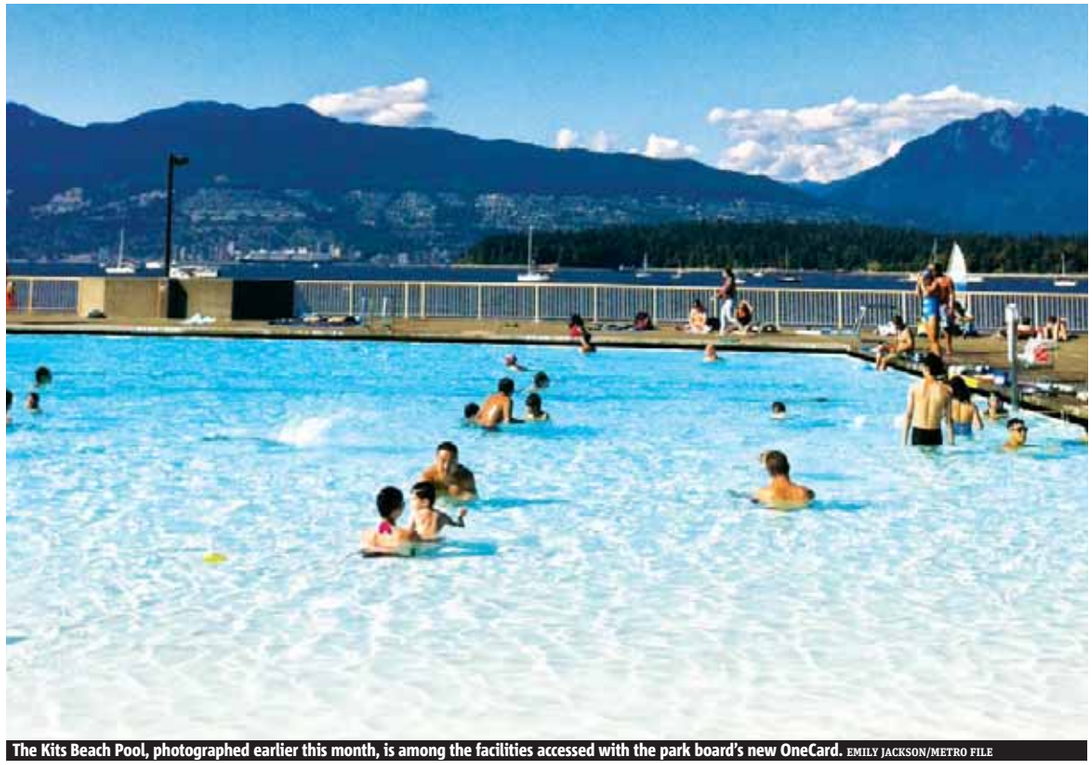
THE CANADIAN PRESS

Port McNeil

Father and son injured in boat explosion

The RCMP say a father and son are recovering after an explosion on their boat in Port McNeil, B.C., on Monday.

Police say the large pleasure craft was fuelling up at a dock when the explosion occurred, causing the engine compartment door and the windows of the boat to blow out, as well as the windows of the fuel station. THE CANADIAN PRESS



The Kits Beach Pool, photographed earlier this month, is among the facilities accessed with the park board's new OneCard. EMILY JACKSON/METRO FILE

OneCard used to access outdoor pools

On Twitter.
Local politicians tweet to broadcast the success of the card

EMILY JACKSON
emily.jackson@metronews.ca

The Vancouver Park Board is patting itself on the back after 30,000 Vancouverites "said yes" to the new card system that lets users access pools, rinks and fitness centres across the system — even though people don't really have a choice.

The board sent out a news release Tuesday touting the popularity of the OneCard (1,000 people have got one each day since it launched in July), which promises "universal access" across community centres.

Local politicians took to Twitter to broadcast the success of the card, which at least six centres refuse to accept due to controversial and tense negotiations over their operating agreements with the park board.

But based on several anecdotes and this reporter's experience at Kitsilano Pool, users aren't even given a choice to use the old system and are simply handed the OneCard when topping up a multi-use pass.

"We're phasing out the old card into the new card," park board commissioner Aaron Jasper said. "The new card is replacing the old card, but it doesn't force people doing a one-off drop-in to get one."

A photo of the OneCard. CONTRIBUTED

Yet the park board will continue to "entice" people to use the OneCard (you get three free drop-ins when you get a card) as it tries to launch the system across all 23 community centres by Sept. 1.

The idea is the card will let people access all community centres even if they're not members of the particular community centre association. The park board pitches the plan as fairness across the system, but some associations question how it will work financially and accuse the board of trying to undermine volunteer associations.

Regardless of the spin and the pesky financial details, the park board says the card has received "very positive" feedback. July's record-breaking weather played a part, with 5,439 people signing up for the OneCard at Vancouver's outdoor pools and aquatic centre.

River water safe to drink following spill

Some of the water restrictions put in place after a tanker truck spilled its load of jet fuel in a southeast B.C. creek have been lifted.

Health officials say it's now safe for residents to use water from the Kootenay River above and below the Brilliant Dam.

The river has also been cleared for recreational users, but the Interior Health Authority says containment booms are still up in the water and wires and chains used to keep the booms in place could be safety hazard.

The do-not-use order remains up for those who draw water from Lemon Creek and the Slocan River.

The health authority says garden vegetables, fruit, eggs and dairy milk that were in contact with the fuel vapour are safe to consume, as long as they don't smell like fuel.

The order has been in place since July 26, when a tanker truck carrying fuel for fire-fighting helicopters tumbled off a logging road into Lemon Creek, spilling most of its 35,000 litres.

THE CANADIAN PRESS

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Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

From left, Noah Barthe, Mandy Trecartin and Connor Barthe in an undated photo. RCMP in Campbellton, N.B., said the boys, aged four and six, were found dead Monday morning. FACEBOOK/THE CANADIAN PRESS

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall before "this awful tragedy."

Rose said the boys were spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas PJ's," Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is real," Savoie told Global News on Monday. He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage. THE CANADIAN PRESS

Autopsy, necropsy

The search for answers continues

The RCMP said the boys were found dead Monday at around 6:30 a.m. in an apartment located above Reptile Ocean, an exotic pet store.

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

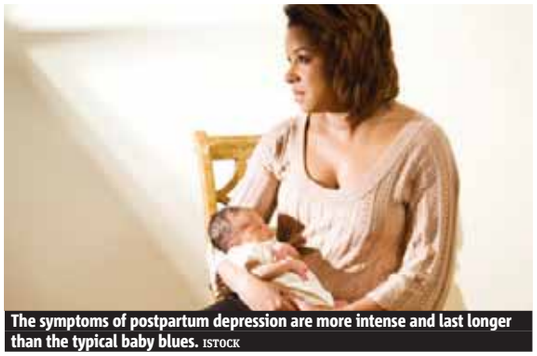
The snake was later captured by Savoie, who also owns Reptile Ocean.

Reptile Ocean in Campbellton, N.B. THE CANADIAN PRESS

It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

New Brunswick's Natural Resources Department said a special permit is required for African rock pythons and that the snake's owner didn't have one.

Urban moms at higher risk of postpartum depression: Study



The symptoms of postpartum depression are more intense and last longer than the typical baby blues. ISTOCK

New mothers living in big cities in Canada have a higher risk of postpartum depression than women in less populated areas, a study has found.

Postpartum depression can occur after a woman gives birth and is a serious health risk for both women and their babies. The symptoms are more intense and longer-lasting than the typical baby blues and may interfere with a mother's ability to care for her child.

The study, published Monday in the Canadian Medical Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

"Social support was a major factor," said lead author Dr. Simone Vigod, a psychiatrist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups."

Many large cities also have a higher percentage of immigrants.

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support.
THE CANADIAN PRESS

Symptoms

Most new mothers experience mood disruptions. But symptoms of postpartum depression go beyond those reactions to include:

- Loss of appetite, insomnia, intense irritability and anger, lack of joy in life, feelings of guilt or inadequacy, difficulty bonding with the baby, and suicidal thoughts.

Rights investigation

Company sorry gay couple allegedly sent to back of bus

The company that runs the shuttle service to the Albuquerque, N.M., airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

Standard Parking Inc. said it respects the equal rights of all customers and doesn't tolerate discrimination of any kind. It also said the employee was suspended after the company learned in July of the late June incident.

According to a police report, one of the men involved said they'd been holding hands and that the driver ordered them to the back when one of them started to sing.
THE ASSOCIATED PRESS

'No more pain'

Baby best man dies of leukemia

The mother of a terminally ill two-year-old Pennsylvania boy who served as his parents' best man at their wedding says he has died.

The boy, who had leukemia and other complications, was dressed in a tan pinstripe suit for Saturday's wedding. THE ASSOCIATED PRESS

Christine Swidorsky with her best man Logan Stevenson, 2. ERIC SCHMADEL/ TRIBUNE REVIEW/THE ASSOCIATED PRESS

Climate change

Sea, snow and ice simmered in 2012, grand study shows

A massive U.S. study by the National Oceanic and Atmospheric Administration says the world in 2012 sweltered with signs of climate change. Rising sea levels, snow melt, heat buildup in the oceans as well as melting Arctic sea ice and Greenland ice sheets all broke or nearly broke records.

National Climatic Data Center director Tom Karl says surface temperatures haven't risen in the last 10 years, but he notes that is only a blip in time, subject to natural variability. Since records were first kept in 1880, all 10 of the warmest years ever have been in the past 15 years, NOAA records show. THE ASSOCIATED PRESS

Flush it! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEWS

Smart toilets a stinky idea?

There's an app for even that. Expert says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

KATHRYN GILBERT
Metro World News

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke to managing consultant Dan Crowley, who discovered the breach, about the toilet, as well as another worrying way in which your home can be hacked.

Let's discuss the toilet for a minute — have you actually heard of anyone hacking it?
It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack?
Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to overblow it, though.

Knowing what you now know, would you use a smart toilet?
To be honest, I don't think I would've used it before the presentation, but I'm doubly wary now.

You said the toilet was the least important discovery you made. What was the most important?
I found you could hack into Vera Lite (home-automation system), so you could enter someone's home when they're not around. The first time I contacted Vera Lite to tell them, they didn't respond, just like the toilet company. They're working with me now, though, since all the press attention.

Espresso and prostitutes

Accused owner of drive-thru brothels sues city for cash

A woman accused of using her espresso stands as drive-thru brothels is suing the city of Everett, Wash., to recover $250,000 she says was wrongfully seized.

The woman was arrested in June and accused of promoting prostitution, but she has not been charged. The cash was seized in a search of her home. THE ASSOCIATED PRESS

Plugged into competition

GM slashes Volt price as electric-car market gets jolt

General Motors is knocking 13 per cent off the U.S. sticker price of the Chevrolet Volt electric car as it tries to keep pace with rivals in the market for plug-in vehicles.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.38¢ US (+0.13¢)

TSX 12,469.32 (-133.93)

OIL $105.30 US (-$1.26)

GOLD $1,282.50 US (-$19.90)

Natural gas: $3.32 US (-0¢)
Dow Jones: 15,518.74 (-93.39)

Think outside the cereal box. Taco Bell expanding test of waffle tacos in U.S.

Taco Bell says it's expanding its small test of waffle tacos, as it prepares to take its breakfast menu national in the U.S. next year.

The fast-food chain says the waffle taco, which includes scrambled eggs, sausage and a side of syrup, was the top seller during breakfast hours at the five Southern California restaurants where they were tested earlier this year. Now the company wants to see how it would fare on a bigger scale; the waffle tacos and a full breakfast menu will be expanded to about 100 restaurants in Fresno, Calif.; Omaha, Neb.; and Chattanooga, Tenn., starting Thursday.

Brian Niccol, president of Taco Bell, said the idea is partly to get a better sense of how well restaurants will be able to handle the added operational pressure from the waffle tacos. THE ASSOCIATED PRESS

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MORE MONEY THAN ... WELL, ME

JUST SAYIN'

Paul Sullivan
metronews.ca

What fun it must be to be a multibillionaire!

You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon.com, net worth $25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for $250 million US out of his own pocket.

That's not quite as much as the Qatar royal family paid for Paul Cézanne's The Card Players: $259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff — they also like to make interesting stuff. Just the other day, Sergey Brin, one of the Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drive-thru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured $1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to operate it.

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourth-richest man, just bought ketchup-maker Heinz for $23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for $31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet

SLAWEK FIJALKOWSKI

Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Łódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new

OLEK
Artist, 35, born in Poland

What does it represent?

For me, it stands for my home nation of Poland. People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.

Clickbait

LUKE SIMCOE
Metro Online

Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips
A send-up of Pippa Middleton's much-derided Celebrate party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like "headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministtswift
Taylor Swift's troubles with boys have been highly publicized, but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod
Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.

DARRON CUMMINGS / THE ASSOCIATED PRESS

Twitter

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets?! This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@BatestonBeauty: Unfortunately, you can't ban accidents.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic pets

Follow @metropicks and take part in our daily poll.

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metro

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Movie review

We're the Millers

Director. Rawson Marshall Thurber

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLer Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with the last 20 minutes. **RICHARD CROUSE**

Movie review

Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley Tucci

Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demi-gods at Camp Half-Blood gives Percy a chance to prove his mettle. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. **IAN GORMELY**

Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests

NED EHRBAR
Metro World News in Hollywood

Matt Damon stars in Elysium, which opens in theatres this weekend. CONTRIBUTED

When Matt Damon saw himself onscreen in Elysium — after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape — all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working so hard and perhaps you've missed some meals.'"

While it worked for the film, Damon was happy to let the workout regimen lapse.

New looks

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight)."

Matt Damon
On what he looks like in different roles

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says.

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max — an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become — he can at least understand him emotionally and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day."

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out," he says.

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak Spanish to everybody."

Not to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he says.

As for relating to the have-nots, like his character in the film? "F— them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come from."

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Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan being very careful at crafting post-rehab image

Lindsay Lohan is looking to turn over a new leaf post-rehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says.

Her L.A.-based sober living coach — described by sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client.

The two were intending to head off on a European vacation this week, but those plans have been postponed.

"(Lohan) doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's son nearly died in swimming accident

THE WORD
Dorothy Robinson
scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately dove in but couldn't pull him out. A maid also dove in. Finally, two men working on the house were able to pull him free and give him CPR. Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.

Johnny Depp

If a movie flops in the forest and no one saw it, does anyone care?

Johnny Depp has a theory of his own as to why The Lone Ranger fizzled at the box office: It's the critics' fault.

"I think the reviews were written seven to eight months before we released the film," Depp tells Variety.

"I think the reviews were written when they heard (director) Gore (Verbinski) and (producer) Jerry (Bruckheimer) and me were going to do The Lone Ranger. They had expectations that it must be a blockbuster. I didn't have any expectations of that. I never do."

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Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC
life@metronews.ca

Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery Centre.

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or Athabasca River

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters. During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddy roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.

Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the $25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a be-still-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoe-shaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a package deal.

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It only takes about an hour to drive across Rhode Island, which is wedged between Massachusetts and Connecticut and straddles picturesque Narragansett Bay, but its pleasures are many. It boasts stunning wide, sandy beaches and architecture that goes back to Colonial times. Newport and other communities became a summer playground for the rich during the Gilded Age, but you don't have be a Vanderbilt to enjoy the Ocean State.

THE ASSOCIATED PRESS

5 Free things to do in Rhode Island

Cliff Walk

Cliff Walk runs alongside the Atlantic Ocean and some of Newport's most beautiful mansions, known as "summer cottages" to the families that built them in the 1800s. Around two-thirds of the 5.6-kilometre trail is currently closed because of damage from Superstorm Sandy, but the most heavily travelled parts are still open. The walk runs along private property, so stopping for extended periods is not allowed. But there is a seating area along the trail outside The Breakers mansion, built for the Vanderbilts, and it's the perfect spot to eat a picnic lunch.

Waterfire

This simple concept, lighting bonfires in the rivers of downtown Providence, has become a wildly successful public art project, drawing tens of thousands of people to each lighting. It runs more than a dozen nights a year, and on some nights stages are set up that feature free live music or dancing. The schedule for the rest of 2013 includes lightings scheduled for Aug. 10, Aug. 24, Sept. 7, Sept. 21, Sept. 28, Oct. 5, Oct. 12 and Nov. 9. Details at waterfire.org/schedule/2013-waterfire-event-schedule.

The Providence Athenaeum

With roots dating back to 1753, this private library is one of the oldest in the country. It is housed in a Greek Revival-style granite building that neighbours Brown University and the Rhode Island School of Design. Edgar Allan Poe courted poet Sarah Helen Whitman here, and legend has it she called off their wedding within the Athenaeum's walls. The Athenaeum is closed to the public from Aug. 4 through Aug. 18, but otherwise open Monday to Thursday, 9 a.m. to 7 p.m., Fridays, 9 a.m. to 5 p.m., Saturdays 9 a.m. to 1 p.m. From September to May, it's open Saturdays until 5 p.m. as well as Sundays 1 p.m. to 5 p.m.

Benefit Street

On the doorstep of the Athenaeum is historic Benefit Street, a mile-long stretch of notable buildings. The brick sidewalk will take you past Colonial, Federal and Greek Revival-style homes, Rhode Island's Old Statehouse and the white stone First Unitarian Church, built in 1815. You'll also pass alongside the First Baptist Church in America, a congregation founded by colonist Roger Williams, champion of the separation of church and state, an idea later enshrined in the U.S. Constitution.

Watch Hill

A seaside village in Westerly on the Connecticut border, Watch Hill has become known most recently as the summer home of pop star Taylor Swift. She recently bought a house here and has been spotted frequently. The area was hit badly by Superstorm Sandy, which washed away much of the sand on the beaches and deposited some of it in its quaint shops. Watch Hill has recovered from the damage, and its sandy beaches on Block Island Sound are, as usual, the best reason to visit.

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Want a room less ordinary? Try California's Madonna Inn

A little whimsy. With its wild-theme rooms and off-the-wall decor, this isn't your run-of-the-mill motor inn

MICHELLE CASTILLO
Metro World News in New York

If you're ever in San Luis Obispo, Calif., you might want to spend a night at the Madonna Inn.

Each of the motel's rooms features a different theme, so there's something to cater to every whimsical desire.

You can go on an adventure in the "Safari Room," have a romantic getaway in "Hearts & Flowers" or even travel to the past in the "Old World Suite."

We talked to Clint Pearce, the president of Madonna Enterprises, to get the scoop behind the hotel.

What's the story behind all the themed rooms at the Madonna Inn?
When the Inn was envisioned in the late '50s, Alex and Phyllis Madonna wanted an experience you couldn't find anywhere else.

They thought it would be fun to make every room different as if each were a unique experience, and wanted to differentiate their Inn from other motor lodges where every room was identical.

Mr. Madonna used to joke that he was worried about making a mistake with the rooms, so if he made each one different at least he couldn't make the same mistake twice.

Exactly how many rooms are there and how many themes?
We have 110 guest rooms, and each is different so I suppose there are 110 themes.

That being said, there are common themes such as old west, nautical, etc., but within the common themes the rooms are vastly different.

What's the most popular room?
The most popular room has always been the "Caveman Room." It started as the Flintstone room but the folks at Hanna-Barbera were protective of that name so it was quickly renamed to Caveman.

Have any famous people stayed at the Madonna Inn? What rooms did they stay in?
Wow, we've had so many celebrity guests throughout the years it's hard to spotlight one.

We also like to keep our guests confidential.

But here it goes: Somewhat recently we had a big name actor stay in "Pick and Shovel" and had a very big time.

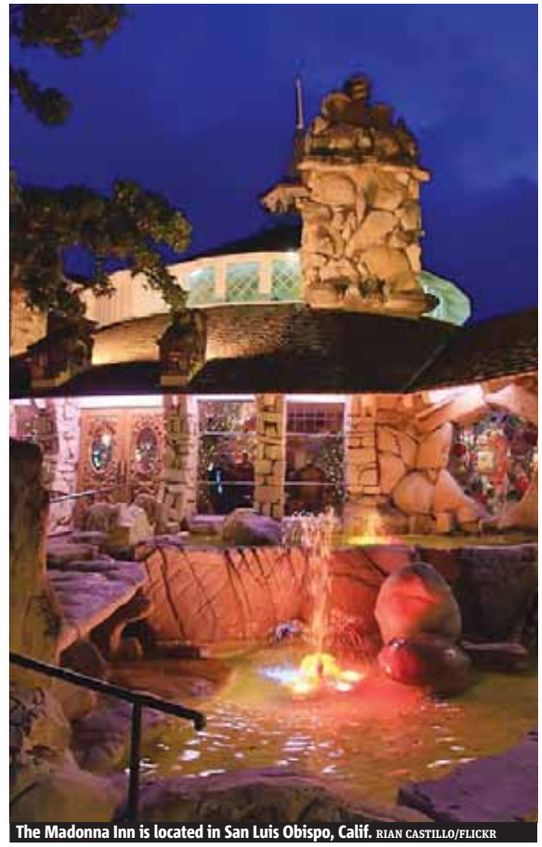
To our housekeepers' surprise, he was usually naked during his stay. He even had unusual requests of concierge, all PG-rated thankfully.

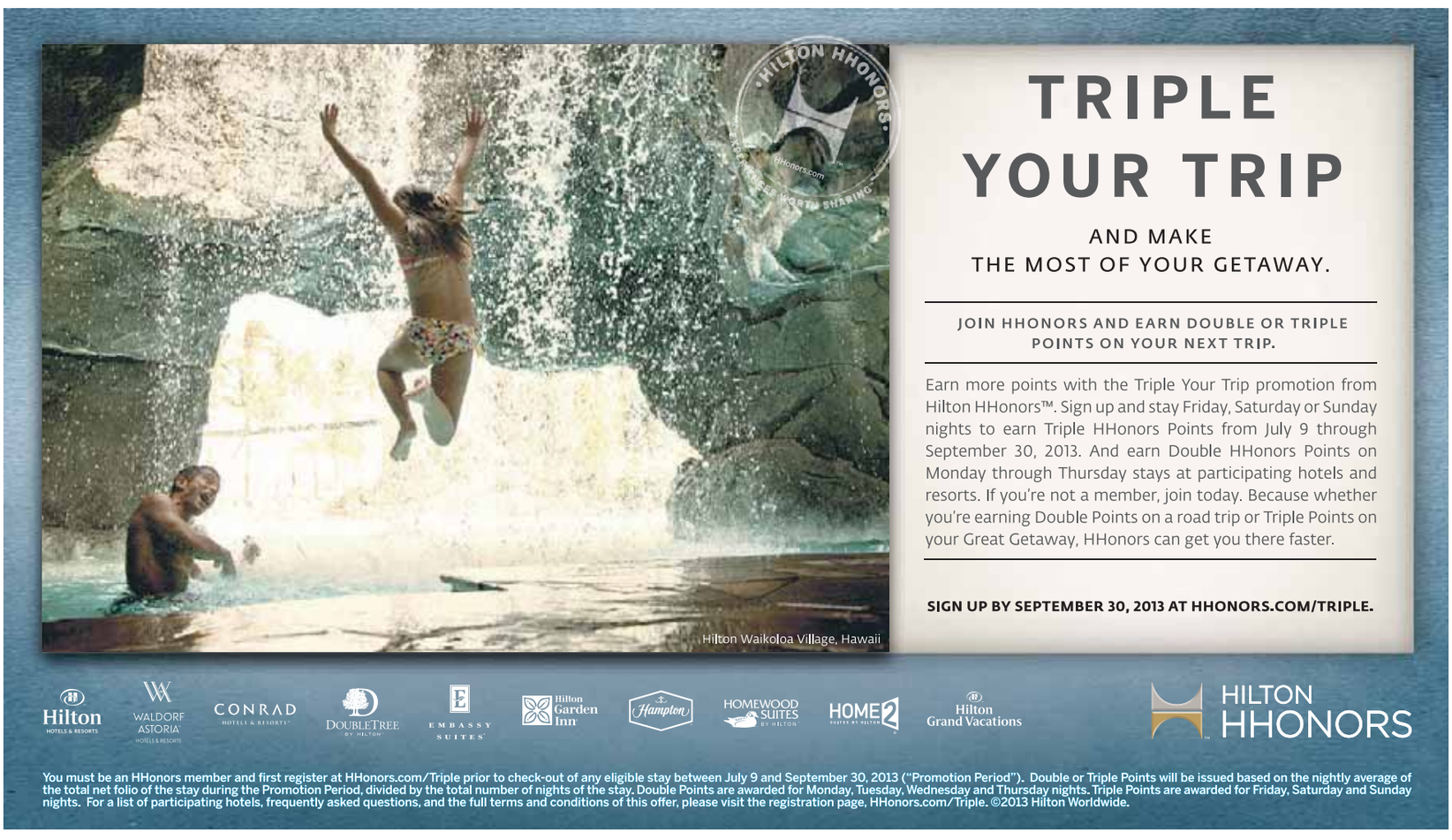
We also had the Playboy Playmates stay with us in the "Love Nest" room. They even filmed part of their reality show on property.

In your opinion, what is the strangest room?
I would say it's "What's Left."

This is actually a room of the bits and pieces of what was left after building all the other rooms.

Do you have any plans to add new rooms or introduce new themes?
Not at this time but you never know what the future holds.


The Madonna Inn is located in San Luis Obispo, Calif. RIAN CASTILLO/FLICKR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Food

Good eats on the streets

ON THE MOVE
Loren Christie
life@metronews.ca

New bylaws and health regulations governing the sale of street food in cities from Calgary to Montreal have made food trucks this summer's hottest dining trend. Celebrity chef Michael P. Clive recently shared his insights on this unique culinary experience.

Why do you think food trucks have become so popular?
It's TV. No one talked about food trucks before food shows started plugging them. A handful of people who thought food trucks were cool zoomed in on them.

So why have they remained popular?
Food trucks offer a 20 to 25 minute fun meal experience, not the one hour investment plus that a restaurant requires. And on a sunny day, people want to eat outside. People like to stand around, mill about, talking about their food. People like the diversity of food that's being offering in these food trucks.

Do you eat off food trucks when you travel?
If it's clean. I want to see what the chefs are strutting. I am intrigued with the low overhead (costs of the food truck). I want to see if they are putting more into the food.

How do you know if it's clean? If it's safe to eat there?
First of all if they are on the street you have to believe they are abiding by bylaws and regulations. But take your own eyeballs and have a look at cleanliness. I look for a place that is clean, polished and organized. Do they have a theme worked out with their decor? If they care about the overall appearance, that's a good sign.

Most major cities in Canada are on the food truck bandwagon. ISTOCK

Roasted chicken keeps it classy

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

1. Preheat oven to 400 F spray a roasting pan with vegetable oil.

2. Apricot glaze: Combine all ingredients until well mixed.

3. Bring chicken stock to boil in saucepan; stir in couscous, cover and remove from heat. Let stand 5 minutes; fluff with a fork. Add 3 tbsp apricot glaze, snow peas, carrots and apricots.

4. Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.

5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving. Serve chicken with couscous and remaining glaze. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 3 lb roasting chicken

Apricot Glaze
- 3/4 cup apricot or peach jam
- 1/2 cup chicken stock
- 3 tbsp orange juice concentrate, thawed
- 1 tbsp soya sauce
- 1 tsp minced garlic
- 1 tsp minced ginger root

Couscous Stuffing
- 1 cup chicken stock
- 1 cup couscous
- 1 cup finely chopped snow peas
- 1/2 cup each finely chopped carrots and dried apricots

Apricot Orange Glaze Roasted Chicken and Couscous Stuffing

This recipe serves four to six people. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Herbed Chicken with Potato Mash & Broccoli

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Mixed Herbs
- 1 large Russet potato, peeled and diced
- 3 large sweet potatoes, peeled and diced
- 2 tbsp butter
- Black pepper and salt
- 1 tbsp olive oil
- 1 medium head of broccoli, cut into florets

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. About 15 minutes before the end of the chicken cooking time, place the diced potato into boiling water for 5 minutes, then add the sweet potato and cook until the potatoes are tender. Roughly mash, adding butter, salt, and pepper to taste, then mash thoroughly.

3. Heat the oil in a pan and quickly sauté the broccoli until tender. Cover to keep warm.

4. Remove chicken from oven, leave to cool for a minute then cut the bag open and gently tip the contents into a dish.

5. Slice the chicken breasts into chunky pieces on a board, keeping the chicken breast shape together.

6. Serve the mashed potato topped with the chicken and remaining sauce with a side of broccoli. **NEWS CANADA/ MAGGI**

Drink of the Week

Hennessy Sweet Tea

Try this rich, new take on a classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY

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Are you prone to leaps of labour?

I'm out of this office! Sporting a seriously long CV does not always mean you're a career commitment-phobe

MEGHAN GREAVES
TalentEgg.ca

In the course of your career, you'll meet a number of people who seem to constantly be finding, starting and leaving jobs.

These job hoppers can have a number of different motivations, so don't be too quick to jump to conclusions about their work ethic.

Here's a list of the most common kinds of job hopper. Are you one of them?

The high achiever

This job hopper's need to be at the top of the ladder is the main reason they constantly switch roles. They want to move up quickly in their industry, which means they're willing to take on roles that hold a higher level of responsibility and accountability.

This could mean working with their employer to develop a career plan or switching employers completely in order to obtain a higher-level position.

High achievers aren't scared to relocate, leave their current workplace or take on bigger challenges.

The dissatisfied searcher

The dissatisfied searcher is an employee who tends to wander before being able to settle down in their career.

This may be because they aren't sure what type of career is for them, haven't developed the background needed for their ideal role or are looking for something that isn't available to them at that particular point in time.

This type of job hopper may have a harder time finding a role they're happy in, as they're always looking for something more.

How high and far will you hop to reach success? ISTOCK

The confident mover

- Opportunities that are a far drive or even flight away from home don't deter this job hopper! They aren't afraid to relocate for an opportunity within their company or for a new employer.
- This type of job hopper tends to have the same traits as the high achiever as they also have a strong drive to move up quickly in their company or industry. If this means packing their things and moving across the country, they're up for it!

The got-to-have-it hopper

The got-to-have-it hopper has to be up-to-date and in the know about new opportunities in their field.

This type of hopper is savvy to new career opportunities that are out there and often applies to the ones that pique their interest.

They enjoy applying to different jobs just to see where it could take them. Sometimes this means a new career altogether!

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Your thoughts?

TalentEgg: #QuestionoftheDay: What tips do you have for young professionals attending their first company event or party?

- **@HanleyShaun:** #QuestionoftheDay keep it professional, it's still business. Network with the right individuals and leave when appropriate.
- **@JobsThatHelp:** Show your personality, but remember that it is a WORK function so keep inappropriate comments to yourself and limit your drinking
- **@resolutefp:** Have some conversation starters up your sleeve, and avoid foods that involve dipping sauce!
- **@FrankSavonarota:** Confidence is key and don't forget some breath mints!
- **@mrstephenchin:** just because it is an event doesn't mean you must stop being professional! Think before you speak!
- **@Ellie_Khayatian:** dress to impress! & be sure to network with anyone and everyone, don't just go after the recruiters #QuestionoftheDay

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If you're unhappy and you know it, you're a grad?

A degree of dissatisfaction. Study indicates that post-secondary grads aren't as content with careers as unschooled peers

VICKI SALEMI
Metro World News

If you're a university or college graduate and unhappy at work, you're not alone. In fact, you're outpacing your peers without degrees in the disengagement category, per a new study conducted by Gallup.

According to the study, which surveyed 150,000 adults at various ages, post-secondary graduates whose highest educational attainment is a bachelor's degree say they're less engaged at the office (emotionally disconnected from work and the workplace) than peers who completed some or no post-secondary at all.

The numbers tell all: Fifty-five per cent of graduates are not engaged, whereas people who finished some college edged in slightly lower at 50.2 per cent. This is in comparison to the 48.2 per cent of workers whose schooling ended at high school.

Not all occupations are created equal: The highest engagement for post-secondary grads was in managerial and executive roles, while transportation workers were the least engaged.

Are you feeling a little depressed at your desk? ISTOCK

So what gives? Is there a breakdown in higher education or the transition from backpack to briefcase? Can the numbers be attributed to half of recent graduates working in jobs that don't require a degree, as a 2012 Gallup/Lumina Foundation poll found?

Perhaps grads' expectations fall flat or there is something broken with the process. Gallup certainly thinks so.

Brandon Busteed, head of Gallup Education states in a press release, "This is not a statement about liberal arts, it's not a statement about community college, it's literally about higher education in general — there's something about the process and the experience that is preventing graduates from getting to a place where they're doing what they're best at."

Can hobbies make you happier?

Another theory on the study findings reflects upon the state of the job market

- Richard Mendelson, Ph.D. of Dynamic IO Consultants, explains that this may be a sign of the times. "Individuals can very quickly become caught up in working in a field or position that does not make them happy in order to earn a livable wage or to develop their experience in order to grow as a professional."
- His advice to boost happiness? Get a hobby and participate in activities for enjoyment after work. He says this will lead to a more balanced approach to life and helps in "making time spent at work more bearable." It will also help people to feel that "work is not the end-all and be-all of who they are."

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How to lessen late-afternoon lethargy

These eyes are hurting! These eyes have seen a lot of work but they're never going to get a break unless you prioritize your personal health! ISTOCK

Asleep on the job?

There are plenty of ways to avoid getting tired toward the end of your work day

ROSIE HALES
TalentEgg.ca

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from hitting a wall in the middle of the day.

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably follow.

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

Hydrate

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just water. Good old H20 can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Let's get physical!

Get your blood pumping

- Offer to do a coffee run for the office, run up and down the stairs a few times, do some simple stretches — any of these will get your blood pumping and refresh you enough for the rest of the day.
- The increased circulation will help you regain some of the energy you've lost already and it never hurts to give your eyes that extra break from the screen.

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb.

Also, make good use of your lunch hour. If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep?

The average person needs anywhere between Seven and 10 hours of sleep a night. If you're cutting corners here, it may be time to stop.

Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

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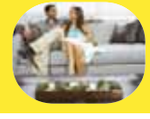

Solomon Elimimian eludes a tackler after intercepting a Winnipeg Blue Bombers pass on Monday. DARRYL DYCK/THE CANADIAN PRESS

Lions LB Elimimian leads by example

CFL. B.C. linebacker earns defensive and special-teams honours in win vs. Bombers

CAM TUCKER
cam.tucker@metronews.ca

It was as if Aaron Woods didn't even see him coming.

The Winnipeg Blue Bombers kick returner ran right into a charging and unstoppable force by the name of Solomon Elimimian on the opening kickoff of Monday's Canadian Football League game at BC Place Stadium.

Elimimian, a linebacker in the B.C. Lions defence, tracked Woods perfectly through the maze of gold and blue blockers and delivered an open-field tackle that was as powerful as it was textbook, knocking the ball loose. The Lions recovered.

It wasn't just a normal play for Elimimian. There was something else driving him Monday.

"I think he was more surprised by how fast I hit him," said Elimimian.

"I sped through two guys to make the play. This game was personal for me. Every game is, but there was a little more motivation in terms of you want to be the best at your position.

"I felt like this was a statement for me and (teammate) Adam Bighill to show teams that we are one of the best linebackers in the CFL and I feel we proved that overall."

From the opening kickoff, Elimimian, known to his peers around the league as one of the hardest hitters, was a menace to the Blue Bombers.

The Lions won the game 27-20 — far from a masterpiece, but two points nonetheless — and Elimimian was involved throughout.

He also recorded an interception in the second quarter, which led to a Korey Williams touchdown for B.C. just three plays later.

Not one, but two game balls — one on special teams, the other for defence — were Elimimian's individual reward.

"When you take a look at how he played, forcing that big turnover on the initial kickoff of the game, he was all over the field defending the run with (Bighill) and the defensive linemen," said head coach Mike Benevides.

NHL

Canucks sign first-round draft picks Horvat, Shinkaruk

The Vancouver Canucks have inked their two first-round picks from this year's draft to entry-level contracts.

The team announced the signings of Bo Horvat and Hunter Shinkaruk on Tuesday morning.

The Canucks shocked the hockey world by trading goaltender Cory Schneider to the New Jersey Devils in exchange for the ninth overall pick in this year's NHL draft. That pick was used on Horvat, who just concluded his second season with the London Knights of the Ontario Hockey League.

This past spring, he led all OHL players in goals during the playoffs with 16 in 21 games, helping the Knights advance to the Memorial Cup tournament.

Canucks general manager Mike Gillis maintained during his season-ending press conference in May that the franchise would be committed to developing its younger players at the NHL level.

This could lead to one of the marquee battles at training camp, with Brendan Gaunce, the Canucks' first-round pick in 2012, also vying for a centre spot among the bottom-six forwards.

This past season with the Medicine Hat Tigers, Shinkaruk, drafted 24th overall, scored 37 goals — down from the 49 he tallied the previous season — and had 86 points.

During the Western Hockey League playoffs, he had three goals and six points in eight games.

CAM TUCKER/METRO

Canadian men riding high at Rogers Cup

It was a huge day for Canada at the men's Rogers Cup in Montreal.

Filip Peliwo, Frank Dancevic, Vasek Pospisil and Milos Raonic all pulled off three-set victories on Tuesday to advance to the second round of the $3.49-million US event.

With Jesse Levine of Ottawa's win on Monday, it put five Canadians into the second round.

The last time Canada had even three in the second round of the event that was once called the Canadian Open was in 1993.

Up-and-coming Canuck

"It's definitely the best feeling I've had in a while. It's such a big win for me."

19-year-old Vancouver native Filip Peliwo, who beat Finland's Jarkko Nieminen at the Rogers Cup.

"It's amazing," said Dancevic, who downed Lu Yen-Hsun of Taiwan 5-7, 7-6 (6), 6-1. "It's a Masters series event and pretty much everyone you play here is at a high level, ranked in the top 50, so to have (five) guys through the first round shows a lot about how far Canadian tennis has come along."

The 13th-seeded Raonic of Thornhill, Ont., took out Frenchman Jeremy Chardy 6-3, 4-6, 7-5 in the evening.

It was a first win in an ATP event this year for Dancevic, who has been doing well of late in lower-level tournaments.

Peliwo, who became the first Canadian male to win a junior grand-slam event at Wimbledon in 2012, staved off a match point with what he called a "lucky" shot at the net for a 3-6, 7-5, 3-1 win over 39th-ranked Jarkko Nieminen.

The Finnish left-hander was forced to retire in the third set with a hamstring injury.

Pospisil upset one of the hottest players on the ATP Tour as he outlasted 20th-ranked American John Isner 5-7, 7-6 (5), 7-6 (4). THE CANADIAN PRESS

Vancouver's Filip Peliwo
THE CANADIAN PRESS

The 2014 Cadillac CTS

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Cadillac CTS

- **Type.** Four-door, rear- /all-wheel-drive mid-size sedan.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (272); 3.6-litre DOHC V6 (321) or (420)
- **Transmissions.** Six-speed (std) and eight-speed (twin-turbo)
- **Base price (incl. destination)** $52,500

Sophisticated new lights

Technology

The options list is a lengthy one and includes a 12-inch high-resolution display monitor for operating the infotainment, phone and climate controls. There's also a spoil-you-rotten electronically locking glove box and a power-operated cupholder lid for the centre console.

Fuel Economy

Best of all, perhaps, is the twin turbo V6's 11.6 l/100 km city/7.6 highway fuel numbers that outdo the CTS-V's rating. By comparison, the 2.0-litre turbo CTS is pegged at 10.5/6.6.

Design

With its elongated nose and lower profile, the finished design is much more exotic-looking than before, while maintaining Cadillac's knife-edge design cues. The grille maintains its familiar egg-crate shape, but the side air intakes have been enlarged and the fender edges are now trimmed in a row of LED running lights.

Review. Cadillac's mid size sedan lightens up, powers up and grows up

MALCOLM GUNN
wheelbasemedia.com

Cadillac's head-to-head battle with German and Japanese rivals is nothing short of audacious and with the re-energized 2014 CTS joining in, the brand continues to gain newfound respect.

The third-generation CTS joins the new compact ATS and full-size XTS in a constantly evolving lineup and will soon be joined by the electric-powered ELR coupe that will employ a similar powertrain to the Chevrolet Volt. The speed at which these new models are coming to market is dizzying to say the least.

The CTS is being repositioned as a larger model with 13 centimetres in added length and about 2.5 centimetres more between the front and rear wheels. Despite these increases, the CTS's base weight is about 115 kilograms less than the 2013 edition and, according to Cadillac, is now 90 kilograms less than a BMW 528i. Contributing to the reduction is a greater use of aluminum in the manufacturing process, including the door structures.

The interior is equally modern and can be trimmed in seven different material combinations, including genuine wood, carbon fibre and aluminum along with cloth and two grades of leather seat coverings. However it's under the hood where the CTS also displays a flair for the dramatic. The choices include a 3.6-litre V6 that produces 321 horsepower and 275 pound-feet of torque. Also available is a turbocharged 2.0-litre four-cylinder rated at 272 horsepower and 295 pound-feet of torque.

The star of the show is a twin-turbocharged version of the V6 that puts out 420 horsepower and 430 pound-feet of torque. This unique-to-Cadillac powerplant anchors the CTS V-Sport (it's also used in the larger XTS), which is the successor to the hotrod CTS-V sedan.

Cadillac interiors have come a long way in a very short time with regard to fit, finish and materials. It had to keep pace with its rivals. You can choose real wood, carbon fibre or aluminum trim.

A six-speed automatic transmission comes with the turbo four-cylinder and the base V6 with all-wheel-drive. The rear-wheel-drive V6 and rear-drive-only twin-turbo V6 each run with an all-new eight-speed automatic transmission with paddle shifters.

The twin-turbo V6 hits 60 m.p.h. (96 km/h) in an impressive 4.6 seconds, which isn't quite CTS-V territory (a claimed 3.9 seconds), but it should prove quick enough to satisfy most Cadillac owners.

Optionally, you can expect plenty of electronic safety systems and alerts as well as magnetic ride control that constantly monitors road conditions and driving style to provide a comfortable and stable ride. Take a walk around the new CTS and it's obvious that Cadillac is intent on keeping the car as fresh and relevant as possible, and in tune with buyer expectations.

Compare

1 Lexus GS 350
Base price: $53,900

2 Audi A6
Base price: $54,500

3 BMW 528i
Base price: $56,500

Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids

AUTO PILOT
Mike Goetz
drive@metronews.ca

We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back.
Oh man.

We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it.

Sometimes it was great and exactly the kind of communal joy you hope for when families hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing.

But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun.

Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet.

At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement. The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication.

The parental units tried their best to ignore such proceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away whitewater rafting on the Ottawa River.

Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone, I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.

The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them. CONTRIBUTED

The new Chevrolet Impala in action PHOTO: GM

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No matter what it is, your car can be a fuel saver

Driving force. Coasting, anticipating traffic and using the right gas are just some of the ways you can make savings without a green upgrade

JIL MCINTOSH
drive@metronews.ca

As gas prices stay high or climb higher, many people may consider buying new vehicles with advanced technologies, such as hybrids or electric vehicles, to help ease the pain.

They can help, but the reality is that most drivers can enjoy better fuel economy in the vehicles they own right now, just by making some simple changes to their driving habits.

"With proper driving practises, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years," says Darlene Monkman, an associate at Stantec Consulting, which produces driving improvement videos and courses.

Wise driving saves

"With proper driving practices, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years,"
Darlene Monkman, an associate at Stantec Consulting

Monkman recommends five driving techniques: accelerate gently, avoid high speeds, maintain a steady speed, coast to decelerate, and anticipate traffic. While all of these together, used all the time, will result in the highest fuel savings, any of them will make a difference.

All of these need to be learned, but anticipating traffic may be the most difficult for some drivers. You need to look as far ahead as possible — right to the horizon, if you can — and watch for traffic issues that will require you to stop unnecessarily, since your vehicle uses the most fuel when starting out from a stop. This can include changing lanes to avoid stopped or turning vehicles, coasting to a red light so you're still moving when it turns green, or slowing down well in advance if traffic is stopped ahead. Driving this way is safer, and can also help your brakes last longer.

Maintaining a steady speed is also difficult for some drivers, who get into the habit of continually being on and off the throttle even on straight, flat roads.

In many cases, drivers may not even be aware they're driving like this. If you do, try accelerating gently and, once you've reached your target speed, keep your foot steady on the pedal.

"We have to learn all of this, because it isn't intuitive," Monkman says. "But it will become second nature once you've learned it. If I slam on my brakes because I didn't anticipate traffic, I feel guilty that I should have done better."

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Horoscopes

♈ Aries
March 21 - April 20
A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

♉ Taurus
April 21 - May 21
It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

♊ Gemini
May 22 - June 21
Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

♋ Cancer
June 22 - July 23
You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

♌ Leo
July 24 - Aug. 23
Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

♍ Virgo
Aug. 24 - Sept. 23
It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

♏ Scorpio
Oct. 24 - Nov. 22
Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

♑ Capricorn
Dec. 22 - Jan. 20
If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

♒ Aquarius
Jan. 21 - Feb. 19
Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

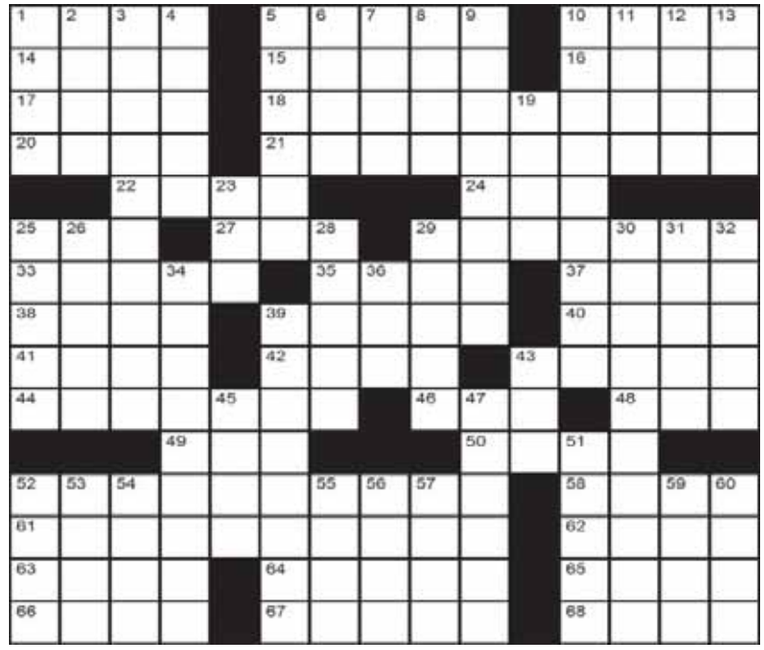
♓ Pisces
Feb. 20 - March 20
A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

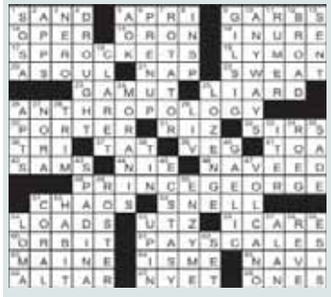
BY KELLY ANN BUCHANAN



Across
1. Zigs pals
5. Closes
10. Dollop
14. Earthen pot type
15. TV series creator Mr. Sorkin
16. River to the Ubangi
17. Don't upset the Sergeant
18. 1942 WWII-set drama starring Greer Garson and #44-Across: 2 wds.
20. Lacking
21. At-home holiday
22. __ contendere (Court plea)
24. Car company
25. Lettered insurance co.
27. "Go on..."
29. ATV = All-__ Vehicle
33. Haze/pollution mixtures
35. Give the hoodlum a hand
37. Latin pronoun
38. Bull: Prefix
39. Iron
40. Pepper's partner
41. Heraldic border
42. Be part of a mob
43. Scatter
44. Saint John-born actor, Walter __
46. Tibetan ox
48. "The A-Team" star, __. _
49. Aug., Sept., __....
50. "__'Rent Strokes" (Sitcom)
52. Warmed too much
58. Feudal fellow
61. _._. __ (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
62. Region
63. Director Mr. Kazan
64. Deed
65. Wound's remnant
66. Actress Laura
67. War horse
68. "Take this..."

Down
1. Animal attractions
2. Actress Jessica
3. Canadian classical pianist/broadcaster: 2 wds.
4. Authorization
5. Biblical hair guy
6. Rodgers and __ (Broadway composers)
7. Constellation bear
8. "Skip, skip, skip __ Lou...": 2 wds.
9. "Lemony __ A Series of Unfortunate Events" (2004)
10. Randy Bachman, for one
11. Actor, Zachary __
12. Margarine
13. City in Switzerland [var. sp.]
19. "CBC News Now with Reshmi __"
23. __ Cruces, New Mexico
25. Put _ __ to (Halt)
26. Porcelain piece of Japan
28. "Beyond the Sea" singer Bobby
29. Petulant
30. Home security systems company based in Toronto
31. More maladied
32. __ __. (Food packaging meas.)
34. Chant for music-making monks
36. Q. "Alphabet's 15 letter...?" A. "That would __ _."
39. Defends
43. Jet __ (Beach watercraft)
45. Genuine
47. Perplexed
51. USB __ drive
52. Due
53. Mouse-like critter
54. Gulf leader [var. sp.]
55. Take _ __ (Be setback)
56. Head: French
57. Canadian plus-size clothing chain, Addition __
59. Raise
60. Challenge

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

				8		4	7	9
7	6		9	3			8	
						1		
			1					3
9	5		2		4		1	8
1					8			
		9						
	4			6	3		9	2
8	3	2		1				

Yesterday's Sudoku

5	4	9	1	2	6	8	7	3
7	1	8	5	9	3	4	2	6
2	3	6	7	4	8	1	9	5
1	2	3	8	5	9	6	4	7
9	6	4	2	3	7	5	8	1
8	5	7	4	6	1	9	3	2
6	9	2	3	1	4	7	5	8
4	8	5	6	7	2	3	1	9
3	7	1	9	8	5	2	6	4

Today
24°/17°
Sunny

Thursday
22°/16°
Sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

Share your Oreo moment and WIN

Share your Oreo moment by uploading your photo on clubmetro.com and you could win an ultimate One Direction and Oreo prize pack, including:

- 2 tickets to the sold-out One Direction Vancouver show on July 27
- Six bags of Oreo cookies
- Exclusive Oreo merchandise
- One Direction *Take Me Home* CD, band poster and other fun swag to get you concert ready

For a chance to win, simply show us how you love to eat your Oreo – do you twist, lick or dunk?

1D ONE DIRECTION

OREO

club metro

No purchase necessary. Contest open to residents of Ontario and British Columbia who have reached the age of majority. Odds of winning depend on the number of eligible entries received. Six (6) prizes will be awarded, three (3) to Ontario residents and three (3) to British Columbia residents, each consisting of two (2) tickets to see One Direction in concert; one (1) bag of limited edition One Direction OREO Cookies autographed by One Direction; six (6) bags of OREO cookies; exclusive OREO merchandise; One Direction's "Take Me Home" CD and a One Direction band poster. Approximate retail value of each prize is $300 CDN. Skill testing question required. Contest opens Monday, June 17th, 2013 at 12:01 AM ET and closes Friday, June 21st, 2013 at 11:59 PM ET. To enter and for complete contest rules visit www.clubmetro.com.

HYUNDAI™ ADVANTAGE

- 0% FINANCING FOR UP TO 96 MONTHS *ON SELECT MODELS*
- LOW PAYMENTS
- WELL EQUIPPED VEHICLES
- 5 YEAR WARRANTY

WELL EQUIPPED:

- AIR CONDITIONING
- HEATED FRONT SEATS
- HEATED DOOR MIRRORS
- FRONT ACTIVE HEADRESTS
- FRONT, SIDE & CURTAIN AIRBAGS
- POWER WINDOWS & DOOR LOCKS
- AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM WITH STEERING WHEEL AUDIO CONTROLS

USB UNIVERSAL SERIAL BUS · 5 YEAR WARRANTY

2013 ACCENT 5 DR GL

HWY: 5.3L/100 KM
CITY: 7.1L/100 KM▼

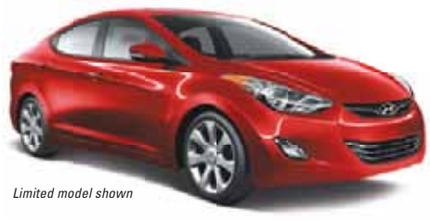
OWN IT FOR $83 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $200 IN PRICE ADJUSTMENTS^Ω | SELLING PRICE: $17,199♦ ACCENT 5 DR GL 6-SPEED MANUAL. $200 PRICE ADJUSTMENT^Ω, DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN

2012 BEST NEW SMALL CAR (UNDER $21K)

GLS model shown

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR



Limited model shown

2013 ELANTRA GL

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

OWN IT FOR $92 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $750 IN PRICE ADJUSTMENTS^Ω | SELLING PRICE: $19,149♦ ELANTRA GL 6-SPEED MANUAL. $750 PRICE ADJUSTMENT^Ω, DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN

BEST SELLING CAR IN CANADA[π]

WELL EQUIPPED:

- AIR CONDITIONING
- 6 AIRBAGS
- iPOD®/USB/AUXILIARY INPUT JACKS
- POWER WINDOWS & DOOR LOCKS
- SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM & STEERING WHEEL AUDIO CONTROLS
- CRUISE CONTROL
- HEATED FRONT SEATS

SiriusXM SATELLITE RADIO · Bluetooth · USB UNIVERSAL SERIAL BUS · 5 YEAR WARRANTY

WELL EQUIPPED:

- AIR CONDITIONING
- 7 AIRBAGS
- SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM
- VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM
- HEATED FRONT SEATS
- FOG LIGHTS
- ACTIVE ECO SYSTEM

SiriusXM SATELLITE RADIO · Bluetooth · USB UNIVERSAL SERIAL BUS · 5 YEAR WARRANTY

2013 SANTA FE SPORT 2.4L FWD

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM▼

OWN IT FOR $139 BI-WEEKLY | WITH 0.99%† FINANCING FOR 96 MONTHS | SELLING PRICE: $27,759♦ SANTA FE SPORT 2.4L FWD AUTO. $500 PRICE ADJUSTMENT^Ω, DELIVERY & DESTINATION INCLUDED.

INCLUDES $500 IN PRICE ADJUSTMENTS^Ω

OR

STEP UP TO THE SANTA FE XL FOR ONLY $33 MORE BI-WEEKLY

7 PASSENGER SEATING

NO MONEY DOWN

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

Limited model shown

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual / Santa Fe Sport 2.4L FWD Auto with an annual finance rate of 0%/0%/0.99% for 96 months. Bi-weekly payments are $83/$92/$139. No down payment required. Cost of Borrowing is $0/$0/$1,126. Finance offers include Delivery and Destination of $1,550/$1,550/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra GL 6-Speed Manual for $19,149 (includes $750 price adjustment) at 0% per annum equals $92 bi-weekly for 96 months for a total obligation of $19,149. Cash price is $19,149. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,550. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ▼Fuel consumption for 2013 Accent 5 Door GL 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra GL 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM/Santa Fe Sport 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/Elantra Limited /Santa Fe Sport 2.0T Limited AWD are $19,249/$24,849/$40,259. Prices include Delivery and Destination charges of $1,550/$1,550/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $200/$750/$500 available on 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. πBased on the June YTD 2013 AIAMC report. †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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D#6700

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D#30780

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Maple Ridge Hyundai
23213 Lougheed Highway
Maple Ridge, 604-467-3401
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D#30242

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Abbotsford, 604-857-2622
D#9390

Langley Hyundai
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445 Kingsway
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